

Auto Skills Centers can save money... and give you a lift



Photo by Amiee Huepenbecker

Ryan Steel, a damage controlman on USS Port Royal (CG 73), washes his car at the Auto Skills Center. The car wash is open daily from 7 a.m. until 7:15 p.m.

Christa Black Thomas
QOL Marketing Office

For true car enthusiasts, there's nothing better than the pleasure of driving a great car and the satisfaction of being able to personally maintain it.

There are very few neighborhoods that allow for those maintenance indulgences or necessities. Apartments, military housing, restricted communities and such make it difficult for the "shade tree" mechanic to get very involved under the hood.

For the car connoisseur or the automotive amateur, Auto Skills Centers (ASC) of MWR Navy Region Hawai'i meet the needs of many mechanics as the place to go for a simple oil change or a major overhaul. The auto skills centers provide a covered work space, friendly, knowledgeable technicians for guidance and support, and use of most of the tools necessary for repairs, restorations and rebuilds.

The stall rental fee, that starts at \$1.25 an hour for a flat stall, allows access to the extensive collection of tools as well as some of

the more advanced machinery which includes welding equipment, battery chargers and electronic testing equipment. There is specialty equipment for use by technicians only, for example, the brake lathes and tire balancer. The ASCs are not full-service stations, but rather facilities for self help, so customers must supply their own parts. The ASCs do, however, offer drive-up services for the state vehicle safety inspections, headlight adjustments and electrical diagnostics.

Damage Controlman 2nd Class Steve Baske of USS Russell (DDG 59) was a mechanic before joining the Navy so he knows his way around a vehicle. He has used the ASC to replace his brakes, radiator and the fuel pump on his Camaro.

"I have all my own tools, but they have everything you need here," said Baske. The staff is a great help, even if you just need an extra pair of hands."

There are four centers located throughout the Region: NCTAMS, West Loch, Pacific Missile Range Facility, Kauai and at Pearl Harbor. The Pearl Harbor loca-

tion is the largest with 29 stalls, nine with hydraulic lifts and 12 for auto restoration projects, a paint booth and an engine steam cleaner for patron use. In addition, there is a massive library of grease-stained repair manuals, most of them by Chilton, which cover most makes and models.

For a nominal fee, vehicles may be left short-term for extended repair work. A 30-day stay for your car requires the rental of the restoration stalls. Long-term storage, three months or more, is available for deploying service members.

For the do-it-yourselfer, the ASC is ideal for a less expensive alternative to the local mechanic. Duran Felix, active duty Soldier at Schofield, estimated he has saved over \$2,500 in repairs over the last three months.

"I couldn't afford to get my car fixed for what it would cost me in parts and labor," he said. "I've changed the rear engine seals, fixed brakes, changed the engine bearings, plus I'm planning to paint my car."

"I estimated that I can do it for about \$600 including supplies,"

Felix said.

The comfortable environment is what keeps Felix coming back.

"I know that if a project goes over my head, the staff is there to help," said Felix.

Just outside the Pearl Harbor ASC is a self-serve car wash. The \$1 million facility opened in October 2000 and features four covered bays and one uncovered bay with a ramp for larger vehicles.

Services available at the car wash include a low pressure tire cleaner, medium pressure pre-soak, foaming brush, soap, rinsing, low pressure foaming conditioner, clear coat protectant, high pressure wax, a special spot-free rinse, six vacuums and a fragrance sprayer.

Other special features include a "Swipe-N-Clean Credit Card System," bill changer and a vending machine with car wash supplies.

The car wash is open daily at 7 a.m. and the last cars are taken at 7:15 p.m.

The ASCs are open to all military, family members and DoD personnel.

Pearl Harbor:
471-9072
Building 2641 at Moanalua Shopping Center
Mon.-Fri., noon-8 p.m.; Sat. and Sun., 9 a.m.-5 p.m.

NCTAMS:
653-5593
Building 393, NCTAMS Wahiawa
Wed.-Fri., noon - 8 p.m.; Sat. and Sun., 9 a.m.-5 p.m.

West Loch:
499-2421
Building 613, West Loch
Fri., noon-8 pm
Sat. and Sun., 9 a.m.-5 p.m.



Photo by Amiee Huepenbecker

Dura Watson, a Department of Defense employee of Rainbow Bay Marina, fixes his Jeep, which he bought in 1985 and has maintained himself at the Auto Skills Center.

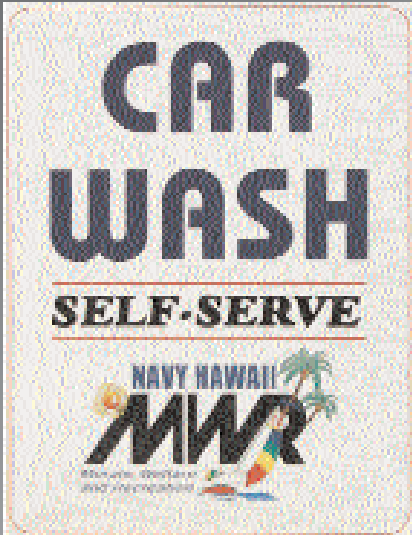


Photo by Amiee Huepenbecker

Duran Felix works under a red Jeep at the Auto Skills Center.

Commentary

Spouse to Spouse

Andrea Kane



ablekane@verizon.net

Don't wait until it's too late to think about wills and powers of attorney

I know too many people who assume that their spouse has taken care of updating wills, life insurance policies and other important issues that people don't usually like to talk about. I've talked to people who insist on putting these things off, saying they will do them later, or saying that their spouse will take care of it or most popular, they don't want to deal with issues that concern death, so they do nothing at all. This is a bad idea. As a spouse of a service member, it is your responsibility to insure that you know what is going on in every aspect of your married life; if your spouse is killed or incapacitated, waiting until later to discuss these important issues becomes obsolete and you are left without the knowledge and most important, the ability, to make decisions that affect your spouse, you and your children. Along with having a copy of your spouses' Page Two, the page in the service record that covers dependent information and emergency data, there are five more documents that you need to have in your possession: a will, a living will, a medical power of attorney, a general power of attorney and a durable power of attorney.

By definition, a will is a legal document that states a person's wishes regarding the disposal of their property when they die. A will covers such matters as the care of minor children, natural and step; finances and distribution of monies; and burial wishes. If you or your spouse die without having a will, the property is distributed according to state law; often the property goes to the surviving spouse or children. It is recommended that a new will be drawn whenever there is any major event in your life, such as a marriage, birth or adoption of a child or divorce.

The next documents you should have are a living will and a medical power of attorney. A living will is a document directing the physician to observe your personal wishes should you become terminally ill or otherwise incapacitated. It can state whether you wish to be kept alive on artificial life-support, whether you wish to donate organs, how long you wish to be kept alive by artificial means and even whether you want to be resuscitated in the event that you stop breathing. According to the American Academy of Family Physicians web site, a do not resuscitate (DNR) order is a request not to have cardiopulmonary resuscitation

(CPR) if your heart stops or if you stop breathing. Unless given other instructions, hospital staff will try to help all patients whose heart has stopped or who have stopped breathing. Doctors and hospitals in all states accept DNR orders. It is a good rule of thumb to make a copy of your living will and keep it with you wherever you go. For example, have a copy in the glove compartment of your car and should you have an accident, emergency technicians will find it and be able to observe your wishes.

A medical power of attorney appoints a family member to be your agent to make medical decisions should you become unable to do so. It is advisable that you have both documents and that you insure the language very clearly represents your desires in case you become too ill to make the decision on your own.

If you think these documents are not important, you need only look to Florida and the Terry Schivo case to understand the magnitude of not having your desires written down and witnessed.

Lastly, you should have general and durable powers of attorney. Most people have a general power of attorney, a two page document good for one year that gives one person the ability to make decisions on a variety of financial issues.

While this is good to have, you should also know about the importance of having a durable power of attorney. The durable power of attorney has an indefinite date and comes into effect only when the first party becomes physically disabled, mentally incompetent or otherwise incapacitated or missing. This document grants whomever they designate as the agent, or attorney-in-fact, to make decisions concerning taxes, properties, stocks and other important personal properties.

As spouses, we need to be well versed in the wishes and desires of our spouse, so that should something happen, we have the knowledge and documents necessary to make an informed decision.

The Navy Legal Service office is able to assist with many of these documents and can be reached at 473-5983. They offer will lectures Wednesdays at 1 p.m. and walk-ins are available Tuesdays and Thursdays from 9-11 a.m. and Wednesdays 1-3 p.m.

Next month, we will cover the importance of life insurance.

Local dog training company aims to teach military pets

J02 Devin Wright

Staff Writer

Many service members and their families in base housing have pets. However, many of them do not have trained pets. One dog training company is aiming to change that.

Aloha Dog Training Incorporated holds dog-training classes once a week at the Pearl City Navy housing area.

Aloha Dog Training uses a combination of motivational techniques and non-abusive corrections to train pets.

"Affection and praise are great training tools when it comes to dogs," said Heather Iraschko, dog trainer for Aloha Dog Training Incorporated. "All corrections are made with a leash and collar jerk release method. Sometimes we also squirt the dogs with a water spray bottle to deal with aggression issues. We also only put our hands on the dog to praise them," she said.

Iraschko believes a well-trained dog is important because it offers a sense of safety, not only for the handler, but the dog as well.

"If you are walking down the street with your dog and meet someone coming the other way, it's nice to be able to control your dog," Iraschko said. "It's not only



U.S. Navy photo by J02 Devin Wright. FC1(SW) James Smith's dog Angel sits at his side at a dog training class at Pearl City Navy housing area.

nice for people passing by, but it also gives the dog a sense of security knowing you're in charge of the situation. A lot of our clients are spouses of service members who are deployed and they're having trouble with their dog and need a little help. Ideally, we like to make the training sessions a family affair. We realize that that is not always possible," she added.

Fire Controlman 1st Class (SW) James Smith of Combat System Support Center Detachment Pearl Harbor bought their dog Angel as a Christmas present for their daughter. Smith said by taking the dog-train-

ing lessons, Angel's behavioral problems have subsided.

"I've noticed a drastic change in Angel," Smith said. "We are not seeing the behavioral problems that we had before taking these classes.

"That's important because we want Angel to interact better with the family," he said. "I want my family and Angel to be safe while playing together and we want her to interact well with other dogs. In just four classes, we've accomplished that."

The next group class is offered Nov. 1. For more information on training sessions, call 396- 9500

Use courtesy when parking on street

Karen S. Spangler

Assistant Editor

Navy family housing residents are asked to have courtesy and consideration for others when parking their vehicles.

All housing units have at least one parking space. Most homes have a driveway and a carport or garage. Residents should utilize their assigned parking spaces whenever possible instead of parking on the street. This frees up on-street parking spaces for delivery personnel, postal carriers, visitors, etc.

Housing officials remind residents that all vehicles parked in housing areas must be properly registered with the COMNAVREG Hawai'i Pass and ID office, have a current DOD decal, state license, safety inspection and be operable.

Refer to the Housing Resident Handbook for information regarding vehicles in housing.



U.S. Navy photo by JOSN Ryan C. McGinley. Residents should utilize assigned parking spaces instead of parking on the street.

Battleship Missouri Memorial salutes Navy personnel

Keith DeMillo
McNeil Wilson Group

In honor of the U.S. Navy's 229th birthday, which will be observed on Oct. 13, all active-duty, reserve and retired U.S. Navy personnel will be offered free admission and 10 percent off retail purchases at the Battleship Missouri Memorial throughout October. In addition, their immediate family members will receive a 50 percent discount on admission and 10 percent off retail purchases. To take advantage of the offer, qualified visitors must present their military I.D. at the Battleship Missouri Memorial ticket window.

"Our staff and volunteers are privileged to have in our care the Battleship Missouri, a powerful symbol of the strength and honor of the U.S. Navy and an icon of America's perseverance," said Don Hess,

president and chief operating officer of the association. He added, "We are pleased to salute our brave Sailors in this way."

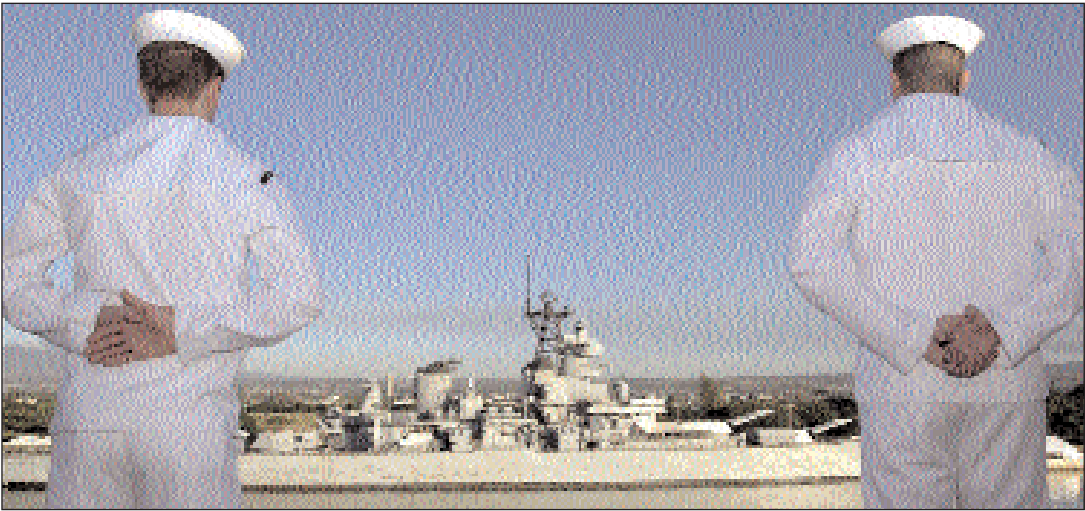
The United States Navy traces its origins to the Continental Navy, established by the Continental Congress on Oct. 13, 1775, who authorized the procurement, fitting out, manning, and dispatch of two armed vessels to cruise in search of munitions ships supplying the British Army in America. The legislation also established a naval committee to supervise the work. Altogether, the Continental Navy numbered approximately 50 ships over the course of the war, with approximately 20 warships active at its maximum strength.

After the American war for independence, Congress sold the surviving ships of the Continental Navy and released the seamen and officers. The Constitution of the United States of

America, ratified in 1789, empowered Congress "to provide and maintain a navy." Acting on this authority, Congress ordered the construction and manning of six frigates in 1794 and the War Department administered naval affairs from that year until Congress established the Department of the Navy on April 30, 1798.

In 1972, Chief of Naval Operations (CNO) Admiral Elmo R. Zumwalt authorized recognition of Oct. 13 as the Navy's birthday. The Navy's birthday is intended as an internal activity for members of the active forces and reserves, as well as retirees and dependents. Since 1972, each CNO has encouraged a Navy-wide celebration of this occasion "to enhance a greater appreciation of our Navy heritage and to provide a positive influence toward pride and professionalism in the naval service."

Regular admission to the



U.S. Navy photo by Photographer's Mate Airman Keith Hutton

All active-duty, reserve and retired U.S. Navy personnel will be offered free admission and 10 percent off retail purchases at the Battleship Missouri Memorial throughout October.

Mighty Mo is \$16 per adult and \$8 per child ages four-12. Military and kama'aina rates are \$10 per adult and \$5 per child.

As part of the Navy birthday special, immediate family members of Navy personnel with ID cards will be charged \$5

per adult and \$2.50 per child. Guided tours of the Missouri are additional.

Affectionately referred to as the "Mighty Mo," the USS Missouri first captured worldwide attention on Sept. 2, 1945 as the site of the end of World War II. A plaque now marks the

exact location of the surrender and copies of the original documents are displayed on the "Surrender Deck" for visitors from around the world to see when they visit the Battleship Missouri Memorial, located at Pearl Harbor.

Navy College Office plans to expand CLEP

MM3 Greg Bookout
Staff Writer

The Navy College office at Naval Station Pearl Harbor is planning to expand Sailors' options for taking College-Level Examination Program (CLEP) tests by adding computers for computer-based tests by the end of the year.

Currently, the Navy College Office offers 14 paper based CLEP tests at the facility located on base. With the addition of computers, not only will all 35 available CLEP tests be offered on base, but also results will be delivered to the test taker at the conclusion of the test.

Traditional paper-based tests must be sent to another location for grading and the taker may not see the results for four to six weeks after taking the test.

A junior Sailor commented on the importance of using CLEP tests to work toward a degree while on active duty.

"It's really important to have and take advantage of CLEPS," said Cryptologic Technician-Collection Seaman Apprentice (CTRSA) Juniel Spuriel of Naval Security Group Activity, Kunia. "CLEPS give Sailors who already poses certain skills or knowledge, the chance to get credit for their skills and allow them to concentrate on further classes."

"Most people on the military don't have time in their schedule for a four month course, expediting the process benefits the Sailor and family alike," he continued.



U.S. Navy photo by MM3 Greg Bookout

CS1 (SW) Gary Delacruz is taking a social sciences CLEP test and is working toward a degree in computer science.

Ruth Markie, the Defense Activity for Non-Traditional Education Support (DANTES) test control officer, added that testing for college credit is a good way to go economically.

"Tests are a significant way for Navy members to supplement getting a college degree," said Markie. "When you can take a test for credit

in lieu of going to a full class, it saves time and money."

The Navy College location on base is a DANTES test center, currently DANTES test centers are only located on military bases.

Along with the CLEP tests currently offered on base, the test center also administers DANTES standard subject tests, ACTs, SATs, GEDs, national certified exams and Distance Learning exams.

All 35 available CLEP tests may also be taken at National Test Centers (NTC) around the country. CLEP tests issued at NTCs, which normally carry a \$55 fee, are free for military personnel although the test center may charge an administrative fee to test at the facility.

"Once we become a computerized test site, military personnel won't have to pay an administrative fee and will be able to take all CLEP tests on base totally free," said Ernest Poe, assistant test control officer at Pearl Harbor Navy College.

Currently, there are four NTCs on Oahu; certain test centers are open testing centers while others are restricted to students enrolled in the host university.

The University of Phoenix-Hawai'i test center and Intercultural Communications College test centers are military-friendly, open test centers according to Navy College.

For more information on CLEP tests, visit www.collegeboard.com/clep or for information on educational opportunities, contact Navy College at 473-5705.

Armed Services YMCA serves military personnel

Information provided by Military.com

For many years, the Armed Services YMCA has been a place for service members to turn. It is a separate organization from the civilian YMCA and is dedicated to serving only military personnel.

Operating from more than 60 program locations and 24 branches and affiliates at most major military installations in the United States, a service member can benefit from a wide variety of services that range from recreational events and sports teams to family help in housing and educational programs.

They take care of young service members away from home for

the first time during Christmas and Thanksgiving holidays. The organization has been helping military members since before the Civil War, volunteers having gone to the battlefield with the U.S. military from the Civil War to the present.

To contact the national office of the Armed Services YMCA of the U.S.A., write to:

6359 Walker Lane, Suite 200
Alexandria, VA 22310,
Call (703) 313-9600 or send fax to: (703) 313-9668
You can also send email to info@asymca.org or visit them on the Web at www.asymca.org.

(Editor's note: To reach the Armed Services YMCA office at Naval Station Pearl Harbor, call 473-0200.)

Tips to help make college investment affordable

Commentary by Elizabeth Moore

Navy Marine Corps Relief Society

The cost of college rises every year. The average in-state school is over \$3,000 a year, while private or out-of-state schools can be four and five times that amount.

Some feel no dollar should be spared, and while education is one of the most important investments you make in life, there are ways to save. The following is a list of tips to help make college more affordable:

- Start saving early. Time is your friend. Even \$25 a month begins to add up; after five years you would have saved \$1,500. Create a sensible budget to determine how much you can set aside

for education. NMCRS caseworkers can assist in helping you to develop a budget that meets your needs.

- Pursue scholarships from multiple sources. High school guidance counselors can help in this department. Scholarships are offered based on a variety of criteria: financial need, belonging to certain groups or organizations, past academic success, community service, career goals, and the list goes on.

NMCRS offers scholarships to military families. The Vice Admiral Travers Scholarship/Loan Program applications are available to children of Navy and Marine Corps personnel each January for the following school year.

Also available is the Bowfin Memorial Scholarship for Hawai'i submariners and their families, and the DECA/Commissary Scholarships for children of military personnel.

- Get Uncle Sam involved. The government has a variety of programs that pay for your education if you commit to working in a certain field for a few years after graduation.

The military, for example, makes college more affordable. A full tour of active duty service can be worth up to \$65,000 in education benefits.

- Shop and compare. Schools compete for students who have been successful in the past. Narrow your selection down to a

few schools that closely match your academic desires, interests and budget.

Talk to the financial aid offices at those schools about aid packages and scholarships available.

- Attend a more affordable school at first. You can greatly reduce the cost of college by attending a community or junior college for the first two years, then transferring to a four-year institution.

Even if a chunk of your coursework was completed somewhere else, your diploma will be from the institution you are attending when you meet the graduation requirements.

- Work and study programs. Many colleges and universities

have extensive work/study programs available for students to earn money while enabling them to keep focus on their studies.

- Avoid the pitfalls of plastic. This is good advice for any occasion, but it can be especially useful for college students.

While credit cards may seem helpful, they can ruin your credit rating when used unwisely, and that can really hurt when purchasing a house or car.

Keep in mind that college is an investment, one that can result in awesome returns. NMCRS can assist you with free budget services and referrals to other resources.

Contact NMCRS at Pearl Harbor at 423-1314 or Kaneohe Bay at 254-1327 for an appointment or more information.

Auditions scheduled for Mardi Gras Follies 2005 musical extravaganza

Karen S. Spangler

Assistant Editor

Can you sing or dance? Do you enjoy modeling lavish costumes? Do you have aspirations to be on stage?

Auditions for the 50th annual Mardi Gras Follies will be held beginning at 8 p.m. Oct. 6 at the Waikiki Community Center, 310 Paoakalani Ave. The show will open Feb. 18 at The Banyans at Naval Station Pearl Harbor and will be presented on weekends through March 19.

This year celebrates the 50th anniversary of the musical extravaganza and also marks the end of a long-running tradition – it will be the last year that the show will be presented. Featuring the theme “The Best of Mardi Gras,” the musical production will showcase the best selections from the past 50 years of the Follies.

The Mardi Gras Follies is the main fundraiser for the Pearl Harbor Performing Arts Association, a nonprofit organization that contributes thousands of dollars each year to local military and civilian charities.

The talented cast of the Follies includes long-time veterans of the show as well as newcomers who dream of performing on stage. Follies stars include entertainers of all ages – active duty and retired military, military family members, DoD civilians and residents from the local community.

Jack Cione, veteran showman, returns for his 20th year as artistic director for the Las Vegas-style revue. Cione dedicates many hours to writing the script for the show, putting together the music and directing the Follies.

Many of the cast and crew are military-affiliated, either active duty, veterans or retired. “For our performers, it is truly a labor of love,” said Cione, noting that the cast dedicates numerous hours in rehearsals for the musical revue.

Bill Doherty will also be back this year, lending his artistic genius to the creation of the showgirl costumes and headpieces for the show..

Patti Chrzanowski, one of PHPAA's founding members and the association's current president, discussed the devotion that cast members have to the production. “The best part of it is that we are doing it as a service to others. We have the satisfaction of knowing that we are raising money for deserving non-profit organizations and having a great time doing it,” she said.

She described the Follies as a project that



Photo courtesy of Mardi Gras Follies

Auditions for the 50th annual Mardi Gras Follies will be held beginning at 8 p.m. Oct. 6 at the Waikiki Community Center.

takes about nine months of preparation, planning and rehearsing. And then the anxiously-awaited event is born on stage – for enthusiastic audiences who have the opportunity to enjoy the colorful, musical cabaret show without ever leaving the islands. The unique presentation is the only one of its kind in Hawai'i.

Adults of all ages are invited to audition to join the cast of the show. If you can sing, dance (tap, jazz, ballroom, ballet), model costumes, aspire to be a showgirl or have a specialty act, the Follies provides the venue to step onto the stage and star.

Volunteers are also needed for the stage crew, lighting and technical crew.

If you would like more more information about the Mardi Gras Follies auditions or to volunteer, call 922-8401. You can also visit the Mardi Gras Follies Web site at www.mardigras-follies.com for more information.

Boutiki offers fun, shopping and food



U.S. Navy photo by JO1 Daniel Calderon

The Surface Navy Officer Ohana is scheduled to hold a food demonstration and collection Oct. 1 at the Boutiki Gift Shop. Tastefully Simple will hold a food demonstration on making meals simple, and customers can bring canned goods for the YMCA Thanksgiving baskets, which will go to needy Pearl Harbor military families. For more information, call Tiffany at 833-2528 or email at snoohana@hotmail.com.

Movie Call

Sharkey Theater Naval Station Pearl Harbor (473-0726)	
7:00 p.m.	FRIDAY The Exorcist, Beginning (R)
2:30 p.m.	SATURDAY Yu-Gi-Oh (PG)
4:30 p.m.	Little Black Book (PG-13)
7:00 p.m.	Alien Vs Predator (PG-13)
2:30 p.m.	SUNDAY Princess Diaries 2: The Royal Engagement (G)
5:00 p.m.	Without A Paddle (PG-13)
7:00 p.m.	The Exorcist, (R)
7:00 p.m.	THURSDAY Alien Vs Predator (PG-13)
\$3 adults; \$1.50 children (6-11) *Special: \$2 adults; \$1 children (6 -11)	
Memorial Theater Hickam Air Force Base (449-2239)	
7:00 p.m.	FRIDAY Collateral (R)
2:00 p.m.	SATURDAY Yu-Gi-Oh (PG)
7:00 p.m.	Collateral (R)
2:00 p.m.	SUNDAY Princess Diaries 2 (G)
7:00 p.m.	Collateral (R)
7:00 p.m.	WEDNESDAY Yu-Gi-Oh (PG)
7:00 p.m.	THURSDAY Princess Diaries 2 (G)
\$3 adults; \$1.50 children (6-11) *Special: \$2 adults; \$1 children (6 -11)	
Sgt. Smith Theater Schofield Barracks (624-2585)	
7:00 p.m.	FRIDAY The Manchurian Candidate (R)
7:00 p.m.	SATURDAY AND SUNDAY The Village (PG 13)
\$3 adults; \$1.50 children (6-11) *Special: \$2 adults; \$1 children (6 -11)	



Alien Vs. Predator: An ancient pyramid is discovered in the ice of Antarctica, and scientists investigating discover something worse: two races of aliens battling for domination.

Collateral: Max, who drives a cab, realizes that the passenger he's been driving around all day is a hit man who has been rubbing out people at every stop.

Exorcist, The Beginning: This prequel to the classic 1973 horror flick, "The Exorcist," recounts Father Merrin's early-20th-century journey to Africa, where, while doing missionary work as a young priest, he has his first encounter with Satan.

Little Black Book: See Review

Princess Diaries 2: Royal Engagement: Mia is ready to begin her duties as princess of Genovia, but she soon learns that Clarisse needs her to take over as queen. But Genovian law states that all queens must be married, so the search for the perfect groom begins.

The Manchurian Candidate: During the first Gulf War, two U.S. soldiers are taken prisoner and brain-washed into becoming assassins. Eventually, Marco remembers what has happened to him and tries to convince Raymond, who is running for office, of what he's remembered.

The Village: The village seems picture perfect, but this close-knit community lives with the knowledge that creatures reside in the surrounding woods. When curious Lucius plans to step beyond the boundaries, his bold move threatens to change the future of the village.

Without a Paddle: Three lifelong friends go into the wilderness in search of lost treasure. They finds themselves hunted by two back-woods farmers and encounter treehugging hippie chicks and a crazy old mountain man.

Yu-Gi-Oh! the Movie: After the conclusion of the Battle City Tournament, an ancient evil has awakened. Anubis, who was defeated centuries ago by Yugi's mysterious alter ego, has returned for revenge.

Editor's note: Every effort has been made to provide the most up-to-date information at the time of publication. However, scheduling of these events is subject to change. It is recommended that you call the contact numbers for the individual events to determine whether or not the activity will be held.

T.G.I.F. - OCEAN'S CPO CLUB
Get together to enjoy pupus and entertainment at T.G.I.F. **today** at Ocean's CPO Club. There will be free pupus starting at 4 p.m. and a DJ will spin from 5-8 p.m. The club is open to enlisted personnel E-7 –E-9. For more information, call 473-1743.

PEE WEE SOCCER
Registration for Pee Wee soccer will be held through **today** at the youth sports office. The cost is \$35 and includes a T-shirt, medal and certificate. To register, bring participant's birth certificate and a current physical (dated no more than one year ago) to registration. Children should also attend to get proper sizing for shirts or uniforms. Children ages three-five are eligible to participate. The season begins **Oct. 6**. For more information, call 474-3501.

ONE-HIT WONDER NIGHT AT THE COUNTRY BAR
The Country Bar at Club Pearl will host One-Hit Wonder Night on **Sept. 25**. DJ Jim will test patron's knowledge so brush up on your music trivia for this event. The doors open at 8:30 p.m. For more information, call 473-1743.

SHOWCASE OF THE BANDS
Some of the best local talent on Oahu will be featured at the Showcase of the Bands from 8 p.m. to 1 a.m. **Sept. 25** at Paradise Lounge at Club Pearl. Bands sched-

uled to perform include the No No Boys, Elevin, Vertical Charles and Amplified. The event is free. For more information, call 473-2569.

BECOME A CDH CHILD CARE PROVIDER
Become a CDH child care provider and stay at home while providing child care for military and DoD personnel. Upcoming class dates are slated from **Nov. 8-10, 15 and 16**. Training is free and includes information on activities, health and safety techniques, CPR and first aid, business practices and tax tips. Register by **Sept. 27**. For complete registration requirements and an application form, visit www.greatlifehawaii.com or call 471-8444.

T-BALL AND COACH-PITCH CLINIC
Registration for T-ball and coach-pitch clinic is now ongoing through **Oct. 1** at building 3456 at Main Street. The clinic is open to boys and girls born from August 1997 to July 2000. The cost is \$20 and includes a T-shirt. Clinics will be held at 5 p.m. every Tuesday and Thursday and at 9 a.m. Saturdays in October. For more information, call 474-3501.

WINTER SOFTBALL LEAGUE
MWR's winter softball league begins **Oct. 2**. The league is open to active duty, family members 18 years and older, and DoD employees connected with Pearl Harbor, NCTAMS, Barbers Point, West Loch and NSGA Kunia. The entry fee is \$300 per team. For more information or to sign up, call 473-2437 or 473-2494.

FREE GOLF CLINICS
A free golf clinic will be offered at Navy Marine Golf Course. NMGC will host "Those "Tough to Hit" Long

Irons" on **Oct. 16**. Register at the NMGC pro shop. For more information, call 471-0142.

KID'S CLUB
Parents can leave their children at Kid's Club while they work out at Bloch Arena. Kid's Club is available from 8:15-10:15 a.m. Monday-Friday, 4:15-7:15 p.m. Monday-Wednesday, and 8:45-11:45 a.m. Saturday. The drop-in center has certified caregivers providing a fun and safe environment for ages six weeks to five years old. The cost is \$3 per hour. Parents must provide diapers, bottles, snacks, etc. For more information, call 473-0793.

TAILGATE PARTY TIME
The UH Warriors will play the Golden Hurricanes of the University of Tulsa on **Oct. 2**. Enjoy a tailgate party on Richardson Field before each University of Hawai'i home football game. Party stalls are \$5 each and are large enough to accommodate one vehicle. The fee includes free ice, prizes, games and activities. For more information or to reserve a space, call the marina office at 473-0279.

GET BOWLED OVER
Bowling teams are forming now at NAVSTA Bowling Center. You don't have to be a great bowler; it's all about having a good time with good friends in spirited competition. The bowling center offers everything you need to get started. For more information, call Millie at 473-2651.

MASSAGES BY "THE LOTUS TOUCH"
Want to improve circulation, increase flexibility, release muscle tension and receive a greater sense of well-being? Try "The Lotus Touch." Patrons can enjoy a hot and

cold stone massage which includes face, neck and shoulders. A 75-minute treatment costs \$90. Other treatments are available for as low as \$15. Appointments are available at Bloch Arena and Power Point Fitness Centers. For more information, call Ruby at 386-4812.

FFSC
All classes free and located at Fleet and Family Support Center, building 193, unless otherwise indicated. To register or for more information, call 473-4222 or visit www.greatlifehawaii.com.

A video-based workshop, **Parenting Your ADD/ADHD Child**, will be offered from 9-11 a.m. **Sept. 27**. The workshop will answer questions on ADD/ADHD and give helpful parenting tips.



- **Sept. 24:** Germaine's luau, 4:30 p.m., \$48.
- **Sept. 25:** Movie marathon, 4 p.m., free.
- **Sept. 26:** X-Box Halo tournament, 6 p.m., free.
- **Sept. 27:** Dinner and a movie, 5:30 p.m., free.
- **Sept. 28:** Foosball tournament, 6 p.m., free.
- **Sept. 29:** Life-size pickup sticks, 1 p.m., free.

Weekly events:

- Sunday:** Chess tournament, 6:30 p.m.
- Monday:** WWE wrestling, 6:30 p.m.
- Tuesday:** 8-Ball tournament - 7 p.m.
- Wednesday:** Game show - 6:30 p.m.
- Thursday:** 9-Ball Pool tournament - 7 p.m.

Community Calendar

To have your activity or event featured in the Community Calendar, e-mail your requests to hnn@honoluluadvertiser.com or fax 473-2876. Deadline is Thursday for the following week's issue. Items will run on a space available basis.

Blood drives:
• **Today:** 9 a.m.-noon, U.S. Navy, FISC, building 475, Pearl Harbor.
• **Sept. 29:** 9 a.m.-1 p.m., U.S. Navy, CPRFP, Marine Corps Base Hawai'i – Kaneohe.

The Hawai'i Nature Center is seeking volunteers to help with clean-up and restoration from 8:30-11:30 a.m. **Sept. 25** at Pouhala Marsh in Waipahu. The marsh, which is the largest wetland habitat in Pearl Harbor, will be the new field site for the center's third grade wetland program that teaches children about the wetlands and the endangered Hawaiian birds that live there. The work will involve removal of trash and pickleweed so volunteers should be prepared to get dirty, wet and hot. Volunteers should provide their own work gloves and water and wear long pants and covered shoes. Pickleweed removal will involve getting wet up to the waist. For more information or to sign up for this special project, contact Pauline Kawamata, volunteer coordinator, at 955-0100, ext. 18.

The Joint Spouses Conference is now accepting registration for the 2004 conference. The event will be held **Oct. 15 and 16** at the Hickam AFB Officer's Club. Registration forms may be picked up at base exchanges, commissaries, support centers, thrift shops and chapels. Registration forms may also be downloaded from their web site at www.jointspousesconference.com. The cost for both days is \$25 or \$15 for either Friday or Saturday alone. Forms need to be postmarked by **Sept. 30**. Children are not permitted to attend the conference. Childcare is not available and must be prearranged.

Volunteers are needed to serve as volunteer guardian ad litem (VGALs) for Hawai'i's First Judicial family court. VGALs serve as advocates for abused and neglected children who are in the family court system. Free training is provided. Volunteers must enjoy working with children and be able to confront difficult issues. The next training class is scheduled to begin **Oct. 9**. Those interested in attending the next class should contact the VGAL program staff as soon as possible. For more information, call the VGAL program office at 538-5930.

The **'Race for the Cure'** Susan G. Komen Breast Cancer Foundation 5K run/walk will be held **Oct. 24**. Registration for the event will be held in front of the Navy Commissary from 10 a.m.-3 p.m. **Oct. 2**.

How to contact **TriWest/TRICARE services** - Beneficiaries can contact TriWest with enrollment; Primary Care Manager and address changes; program benefits questions; claims status; fee payments and locating network providers in the area by calling 1-888-TRIWEST (1-888-874-9378), visiting their web site at www.triwest.com, or visiting TRICARE Service Centers located at Makalapa Medical Clinic and Kaneohe Bay Medical Clinic. The TRICARE Service Center located at the Pearl Harbor Makalapa Clinic is open from 7:30-11:30 a.m. and 12:30 to 4:30 p.m. Monday-Friday. The TRICARE Service Center located at the Kaneohe Clinic is open from 7-11:30 a.m. and

12:30-4 p.m. The **University of Oklahoma** offers a master of arts in managerial economics and a master of public administration. The non-thesis programs can be completed in about 18 months. The school offers one-week classes that are TDY/TAD friendly. For more information, contact OU at 449-6364 or aphickam@ou.edu or visit www.goou.ou.edu.

T.O.P.S. (Take Off Pounds Sensibly), a nonprofit, noncommercial weight-loss support group, meets every Wednesday at the Armed Services YMCA, Aliamanu location. Weigh-in begins at 5:30 p.m. and the meeting starts at 6:15 p.m. Membership fees are low and includes the T.O.P.S. magazine. There are also incentive programs offered. The first meeting is free. T.O.P.S. in Hawai'i is a support group for helping members Take Off Pounds Sensibly. The group recently held its state convention and crowned the state queen. She had lost all her weight by the end of December 2003 and lost 163 pounds. The first meeting of T.O.P.S. is free. If you need support in your weight loss efforts, the group offers low monthly fees and a low joining fee. Call Delcie at 623-1403 for information on the several chapters and meeting places on the island. For more information, call Delcie at 623-1403.

The **Children's Waiting Room** is a place where parents can drop off their children if they have a doctor's appointment. The Armed Services YMCA is in need of volunteers to keep this program running at Tripler Army Medical Center. The hours of the waiting room are from 8 a.m.-noon Monday, Tuesday and Thursday. Those who are interested in volunteering or who wish to place an appointment should call 833-1185.

The **Pearl Harbor Aquatics Tsunami** is a competitive swim team that practices daily at Richardson Pool. It is open to both military and civilian swimmers ages six years and up. The team is a USA swimming affiliate. For more information, visit the team's Web site at www.tsunamis.homestead.com or contact at 471-9181or email: phsc@inix.com.

Navy Lodge Ford Island offers 150 affordable, comfortable, air-conditioned suites and rooms. Amenities include a swimming pool, a large meeting room, mini mart and a landscaped courtyard. Each room features satellite TV, DVD/CD player, direct-dial telephone service and a kitchenette, complete with microwave and utensils. To make reservations or for more information, call 440-2290.

Ford Island Mini Mart offers residents of Navy housing on the island convenient shopping without leaving Ford Island.

The Navy Exchange is accepting applications for a variety of positions. Employment applications are available at the application drop boxes located in the main rotunda and on the second floor near the registers. Completed applications may be dropped off at these boxes.

Welcome Baby support group: All expectant and new moms are invited to attend. The group meets twice a month. Children are welcome to attend. For more information or to reserve a spot, call Terri or Susan at 363-1897.

OVERALL RATING: ★★★★★

Planning, organization key to labor-saving in the kitchen

Kay Blakley
DeCA Europe Consumer Advocate

American laborers are admired the world over not only for the quality of items produced, but also for the ingenuity applied to the production processes. Wherever the principles of working smarter rather than harder have been incorporated, from manufacturing plant, to office suite, to home kitchens, impressive results have abounded.

Consumer surveys indicate that quick and easy dishes, including those that are pre-cut, pre-cooked, or pre-mixed, are rated highly desirable by nearly one-fourth of today's food shoppers. The major disadvantage is that many commercially packaged "convenience foods" are much higher in calories, fat, sugars, and/or sodium, and are almost always more expensive than the same dish made mostly from scratch.

There are two major exceptions for commissary shoppers, though. Because commissaries sell products at cost, you don't pay for the labor

that goes into making a fruit/vegetable tray or package of freshly cut stir-fry vegetables made in your store's produce department. The same goes for a fully-cooked, ready-to-serve rotisserie chicken produced in your store's deli department. These are labor-saving/cost-saving examples of the best kind. Take advantage of them as often as you can.

Also apply a few of the following "work smart" principles gleaned both from time management experts and from efficient cooks who happen to be commissary employees as well. The speed with which you are able to get a quality and economical meal on the table may surprise you.

- Make a plan: It doesn't have to be detailed or elaborate – even a mental note of what tonight's main dish will be allows you to work out any logistics issues during the drive-time home from work or car-pool duty with the kids, then hit the kitchen like a whirlwind as soon as you arrive.
- Arrange the kitchen according to workflow: Make sure foods, utensils, and equipment are arranged conveniently

for fast-paced work, and try to eliminate as many extra steps as possible. For example, instead of peeling and trimming vegetables into the sink, eliminate the job of cleaning up the resulting mess by peeling them directly into the trash, or over a container that can go straight to the bio can once you're finished.

- Keep a running shopping list: Attach an envelope to your refrigerator door, and jot down items, as you need them. Place coupons related to your list in the envelope and by the time shopping day rolls around you'll have already completed the major part of this task.
- Use labor-saving devices and gadgets judiciously: A food processor saves time and effort if you have a large volume of food to slice and dice, but consider the amount of time it takes to assemble the machine, then take it all apart, clean and put it all away. For small jobs, it may make more sense to use a knife and cutting board instead. Remember, fewer gadgets used means fewer gadgets to wash and put away.
- Look for ways to eliminate non-critical steps in a recipe



Photo courtesy of adbuilderweekly.com
Consumer surveys indicate that quick and easy dishes are rated highly desirable by nearly one-fourth of today's food shoppers.

and for ways to get the job done easier. When making potato salad, Incirlik Store Director Cynthia Simmons doesn't bother to peel the potatoes. "I just scrub the potatoes clean, then cook and cube them with the skins on," she said. She also makes quick work of peeling boiled eggs by plunging the drained eggs in ice water. "The shells slip right off," she said.

- Cook once – eat twice is always good labor-saving advice: Gerri Young, DeCA

Europe's public affairs officer, complained that she had trouble using an entire package of bacon before it went bad, until she discovered she could cook the whole package at once, keep the leftover slices in the freezer, and use a slice or two as needed by popping them into the microwave for a quick thaw and warm-up. Another good idea is to double your meatloaf recipe and freeze half the uncooked meat mixture as patties or meatballs to use later. And, instead of

browning one pound of hamburger for tonight's recipe, brown two or three pounds at once. It takes about the same amount of time and only leaves one pan to wash. Divide and freeze the unused portions for later use.

- Clean as you go: This has always been your commissary lady's motto and with some of the very small European kitchens we use, it's almost a necessity. Start your kitchen session with all the clean dishes put away and the dishwasher empty.

Then as pots, pans and utensils are dirtied, they get rinsed and go straight to the dishwasher. For cooked-on greasy food mess, rinse and soak pans in hot water, but for pans used to cook starchy foods like potatoes, rice or pasta, use a cold water soak. Clean up flour and sugar spills with a dry cloth or paper towel – a wet cloth makes an even bigger, sticky gummy mess. And, look for ways to avoid making a mess in the first place. Roll cookie dough or pie crust between two sheets of wax paper which you merely throw away when finished, or line baking pans with foil when appropriate.

National Naval Medical Center reminds servicemembers to give life

JO3 Erica Mater
National Naval Medical Center Public Affairs

(Editor's note: To schedule a blood drive or for more information about donating blood, call the local blood bank center at Tripler Army Medical Center at 433-6148.)

Officials at the National Naval Medical Center (NNMC) are reminding folks that there's another way to serve your country, whether you are on active-duty or not. Head to the Armed Services Blood Bank Center (ASBBC) and donate platelets. "We are using a lot of

platelets right now because of the Marines we have coming in from Operation Iraqi Freedom, so we are constantly looking for donations," said Mary Lewis, supervisor for the ASBBC apheresis section at NNMC.

Lewis said the bank is always looking for new donors.

"Right now, we are going through highs and lows. Some days we have five donations. Other days we have no donations," said Lewis. "Ideally, we would like two to three donations per day, in order to keep a constant supply on the shelf."

Edward Potts, a retired master chief hospital corpsman and director for the Navy/Marine

Corps Relief Society at the hospital, has been donating platelets at the Naval Medical Center for more than 12 years.

"I donate because I believe in it. Donating platelets helps more than one person and I want to be able to help as many people as possible," said Potts. "These service members need it."

One of the key aspects of platelets is their shelf life. Red blood cells can be stored for up to 42 days before they need to be used or discarded. Platelets have a shelf life of only five days.

Donors like Potts can make platelet donations every 15 days. In rare instances, a donor may be asked to make donations sooner.

"At one point, I was making a donation a day for five days for an intensive care patient," said Potts. "They were smaller donations and after I finished donating, I was required to take a longer recovery time."

A normal platelet donation can take up to two hours depending on your blood levels and after the screening process is completed. The length of time is a drawback to most people donating, according to Lewis. However, she emphasizes that command involvement could help reduce this drawback.

"If everyone became involved in the process, it would be much easier to handle the time commit-

ment. When a person wants to donate, their chain of command must approve their absence from the workspace for at least two hours or the recommended four hours, two of which are recovery time," said Lewis. "It becomes a team effort of the entire command to make it happen."

Potts, who works around his busy schedule to donate, notes that the staff at the donation center makes every minute worth it.

"When I made my first donation, the staff was very nice," said Potts. "And that hasn't changed one bit. Everyone there makes sure I am as comfortable as possible and they are fun to be around."

